



How to Overcome High Blood Pressure and Get Cured Naturally in 15 Minutes

Okwy Apai

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High Blood Pressure is a silent killer, that is why this book is published to teach people how to cure it completely without the use of drugs. Like you know most High Blood Pressure drugs have side effects. But High Blood Pressure can be cured completely with natural methods which are explained thoroughly here. Part of the information you will get are as follows which were explained in chapters:

1. Understanding High Blood Pressure and Causes
2. High Blood Pressure symptoms, Treatment Types, and Side Effects
3. What to do if diagnosed of High Blood Pressure
4. How to Cure High Blood Pressure (BP) in 15 minutes.
5. How to Treat High Blood Pressure (BP) with Vitamins & Minerals
6. Ways to Treat High Blood Pressure (BP) Naturally
7. Stress Management

Let me just give you some tips. Do you know that High Blood Pressure could be caused by the following life style:

- **Weight:-** The greater your body mass, the more pressure there is on your artery walls. That's because more blood is produced to supply oxygen and nutrients to tissues in your body.
- **Activity level:-** Lack of physical activity tends to increase heart rate, which forces your heart to work harder with each contraction.
- **Tobacco use:-** Chemicals in cigarettes and tobacco can damage artery walls.
- **Sodium intake:-** Excessive sodium in the diet can result in fluid retention and high blood pressure, especially in people sensitive to sodium.
- **Potassium intake:-** Low potassium can result in elevated sodium in cells, because the two balance one another.
- **Stress:-** Stress can raise blood pressure.
- **Alcohol consumption:-** Excessive alcohol intake can, over time, increase the risk of heart disease.
- **Age:-** The risk of high blood pressure increases as you get older.
- **Family history:-** High blood pressure often runs in families.

But here is the good news for you. High Blood Pressure can be cured in 15 minutes! Yes in 15 minutes. How? That is why you need a copy! Enjoy it. Health is wealth.

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